

The newsletter of the state's library and resource center for information on substance use and mental health disorders, prevention, health promotion and wellness, treatment and recovery, and other related topics.

A First for Connecticut - 9.7%

In 1992, the federal government passed the Synar Amendment, part of the Alcohol and Drug Abuse and Mental Health Administration Reorganization Act, to address the problem of the sale of cigarettes and other tobacco products to underage youth. This amendment requires states to enact and enforce laws to prevent the sale of these products to anyone under the age of 18. The goal was to reduce the number of tobacco outlets selling to minors to 20% or less by the year 2002. In the benchmark year of 1996, the Connecticut tobacco retailer violation rate was 69.7%. **This year the non-compliance rate was 9.7%, the lowest in state history!**

Connecticut uses a number of prevention strategies to reduce youth access to tobacco:

› Investigators from the Tobacco Prevention and Enforcement Program, a unit of the Department of Mental Health and Addiction Services, conduct random, unannounced inspections of tobacco retailers to assess compliance with state laws. Failure to comply with the law can result in significant fines for both the store owner and the clerk who sells cigarettes to teens.

› The Tobacco Merchant and Community Education Initiative, administered by Connecticut Clearinghouse, developed a comprehensive educational campaign, **"Selling Tobacco Products to Anyone Under the Age of 18 is Against the Law"**.

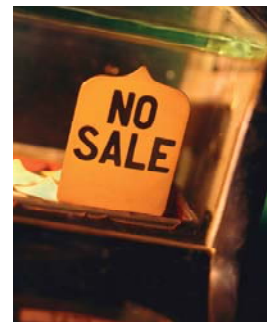
Materials created for the campaign and available through the Clearinghouse include a training video, tobacco merchant calendar, retailer tip sheets, and cash a register sticker reminding store clerks to check the ID. The materials were designed and developed with the input of the Tobacco Merchant and Community Education Steering Committee which consists of staff members from the Departments of Mental Health and Addiction Services and Public Health, prevention professionals, tobacco retailers, and other community members.

› Mini-grants have been awarded to a variety of agencies and organizations to implement tobacco education, prevention, and cessation programs in their communities.

These and many other efforts have been significant factors in reducing the sale of tobacco to teens in Connecticut. Much credit must be given to those merchants who train and regularly talk about the law with their employees, require their customers to show identification, and keep the kids of Connecticut healthy by refusing to sell them cigarettes and other tobacco products.

The next meeting of the Tobacco Merchant and Community Education Steering Committee is scheduled for January 26, 2010 from 2:00 p.m. to 3:30 p.m. at Connecticut Clearinghouse. Anyone interested in the work of the committee is invited to attend. Please RSVP to Connecticut Clearinghouse at 1.800.232.4424.

The Annual Federal Synar Report FFY2010 and the Summary Report on Underage Sale of Tobacco 2009 can be found at <http://www.ct.gov/dmhas/cwp/view.asp?a=2912&q=335154>.



Continuing Education for Prevention Professionals

The Prevention and Health Promotion Division of the Connecticut Department of Mental Health and Addiction Services, through the Prevention Training Collaborative, offers free classes for prevention professionals. Brief descriptions of the classes offered in January 2010 are below. For further information, including the registration process, on these and upcoming courses, go to www.ctclearinghouse.org and select the Prevention Training Course Catalog.

INTRODUCTION TO SUICIDE PREVENTION

Date: Friday, January 8, 2010

Time: 9:00 AM - 4:00 PM

Instructor: Susan Ottenheimer, LCSW

Agency: The Consultation Center

This course will include an overview of risk and protective factors across the lifespan that place certain individuals at increased risk for suicide. An array of preventive and intervention strategies will be explored, including examples of “effective” and “promising” evidence-based programs.



IDENTIFICATION OF RISK AND PROTECTIVE FACTORS FOR ALCOHOL AND PRESCRIPTION SUBSTANCE ABUSE IN OLDER ADULTS: IMPLICATIONS FOR PROGRAM PLANNING

Date: Friday, January 15, 2010

Time: 9:00 AM - 12:15 PM

Instructor: Donna Fedus, MA

Agency: The Consultation Center

This interactive workshop will explore awareness, attitudes, and understanding of individuals, families, and health professionals toward alcohol and prescription substance abuse in older adults. It will include an overview of the prevalence of substance abuse and addiction; risk and protective factors related to alcohol and other substance abuse; the potential role of ageism in under-identification of alcohol and prescription substance abuse in older adults; and the bio-psycho-social factors involved.

MULTICULTURAL SERIES FOR PREVENTION PROFESSIONALS: A PRIMER IN CULTURAL COMPETENCY

Date: Wednesday, January 20, 2010

Time: 9:00 AM - 4:00 PM

Instructor: MLI Staff

Agency: The Multicultural Leadership Institute Inc. (MLI)

A class for prevention providers involved in prevention program planning, implementation, and evaluation. It is an introduction to cultural competency principles and theories and will address the key concepts of awareness, knowledge, and skills.

Upcoming issues of *Courier Online* can be delivered to your inbox by sending your name and email address to:

info@ctclearinghouse.org

or by calling Connecticut Clearinghouse at

1.800.232.4424.

RESOURCE DEVELOPMENT AND GRANT WRITING WORKSHOP FOR YOUTH SERVING ORGANIZATIONS

Date: Friday, January 22, 2010

Time: 9:00 AM - 4:00 PM

Instructor: Deborah Stewart, CPP

Agency: The Consultation Center

This course is an introduction to resource development for youth serving organizations. The workshop will help participants develop a strategy for grant writing and proposal development. Proposal development tools and helpful worksheets will be practiced, based on actual current programming. A local funder of youth programs will share advice on approaching funders, and tips for writing successful grants. Participants will learn about the guidelines of private and public sector funders, technical assistance, and future training opportunities.



PREVENTION GROUP WORK WITH ADOLESCENT GIRLS

Date: Friday, January 22, 2010

Time: 9:00 AM - 4:00 PM

Instructors: Terry Freeman, MSW, CPP-R, Jeana Bracey, MA

Agency: The Consultation Center

Based on experience with middle school and high school girls' groups, this workshop will emphasize the essentials of gender-specific work with girls; review developmental issues of adolescent girls; examine curricular resources; and discuss activities, structure, and group leadership issues.

CREATING AND IMPLEMENTING A SELF-HELP GROUP: BRIDGING PREVENTION AND RECOVERY

Date: Friday, January 29, 2010

Time: 9:00 AM - 4:00 PM

Instructors: Jennifer Sylvia, BA, Susan Ottenheimer, LCSW

Agency: The Consultation Center

This workshop is designed to train participants on how to start and maintain a mutual aid, self-help group. The training is geared toward facilitators and group leaders who are interested in exploring strategies that will keep a self-help group alive, productive, and positive.

PROMOTING POSITIVE RACIAL/ETHNIC IDENTITY AMONG ADOLESCENTS

Date: January 29, 2010

Time: 9:00 AM - 12:00 PM

Instructor: Jeana Bracey, MA

Agency: The Consultation Center

A class that explores the process of racial identity development, with the goal of training youth service providers to promote positive development among adolescents. The workshop will include an overview of racial identity development models; an examination of the role of stereotypes and biases; and will provide practical examples of ways to promote positive identity when working with youth.

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New Audiovisuals



B Careful When U Txt: The Dangers Of Texting And Sexting - Using dramatic scenarios and first person experiences, this program explores the positive and negative sides of mobile devices. Gives viewers a

primer on the do's and don'ts of text messaging. Includes the laws on privacy and child pornography; provides information on setting and maintaining personal boundaries; shows viewers how to deal with unforeseen consequences; and underscores the need to "think before you click." For an online preview go to http://www.hrmvideo.com/items.cfm?action=view&item_id=3070.

Buzz In A Bottle: The Dangers Of Caffeine-Spiked Energy Drinks

- Kids are consuming more energy drinks than ever before, and in many cases, mixing them with alcohol. Through interviews with teens and health experts, this program describes the many physical effects that these drinks have and the risks of mixing them with alcohol.



Choices2: Reaching Out: A Youth Suicide Prevention Program

- Features a story about a young person helping a friend get support to overcome suicidal feelings, and documentary interviews with five young adults who were touched by suicide during their high school years. Viewers learn the warning signs, the importance of asking direct questions, and the value of listening with an open heart and mind.

Connecticut And Underage Drinking: Partnering For Prevention - Focuses on the consumption and consequences of underage drinking and ways to effectively address the issue. State and town elected officials, school personnel, youth serving community organizations, parents, and youth have joined together to create a safer environment for all Connecticut citizens. View the video at <http://www.stopalcoholabuse.gov/StateVideos.aspx>.

Culture Matters - This program aims to increase awareness of the impact of cultural competency on mental health and addiction services, with the goal of reducing and eliminating behavioral health disparities. Designed for training and orientation of new employees, the information presented is also useful to experienced practitioners and service providers.

Girl, Interrupted - The true story of a young woman's life-altering stay at a famous psychiatric hospital in the late 1960's.



The Neurobiology Of Addiction - Explains how new discoveries about the human brain are transforming the approach to addiction treatment, mental health, education, and human development. A clinician's guide is also available.

Courier Online

The electronic newsletter of
Wheeler Clinic's
Connecticut Clearinghouse

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Plainville, CT 06062

800.232.4424 (TTY) or 860.793.9791(TTY)

www.ctclearinghouse.org
info@ctclearinghouse.org

Library Hours

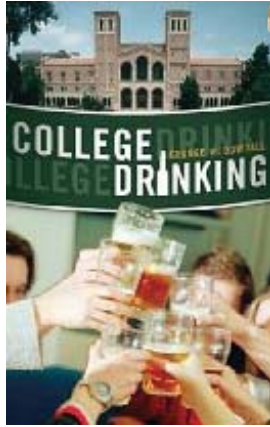
Mon, Tues, Weds, Fri 8:30 - 5:00
Thurs 8:30 - 7:30

Connecticut Clearinghouse is funded by the
Connecticut Department of
Mental Health and Addiction Services

New Books

College Drinking:
Reframing A Social
Problem - George W.
Dowdall

Group Interventions In
Schools: Promoting Mental
Health For At-Risk Children
And Youth - Elaine Clanton
Harpine



New Pamphlets

10 Tips For Maintaining A Healthy Brain: Guide
To Brain Health And Wellness

10 Ways Drugs Can Mess With Your Life

21 Reasons Not To Give Alcohol To Teens

50 Things You Should Know About Binge

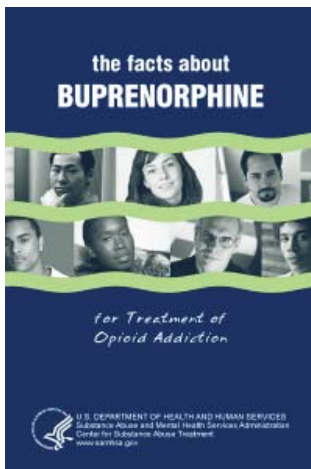
Drinking And Alcohol
Poisoning (Available in
Spanish)

Bipolar Disorder

Bipolar Disorder In
Children And Teens

Self-Harm And Cutting:
What You Need To
Know

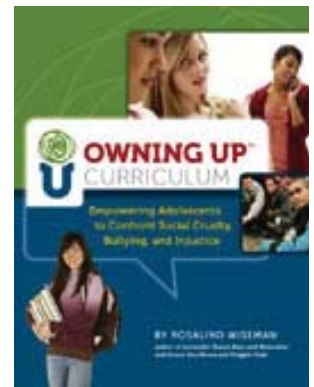
The Facts About
Buprenorphine For
Opioid Addiction



New Curricula

Building Motivational
Interviewing Skills: A
Practitioner Workbook -
David B. Rosengren

Owning Up Curriculum:
Empowering Adolescents
To Confront Social Cruelty,
Bullying, And Injustice -
Rosalind Wiseman



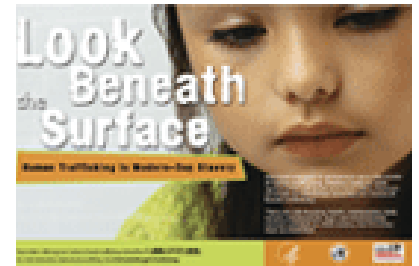
Search the
RESOURCE CATALOG
at www.ctclearinghouse.org
for Books, DVDs & Curricula
available for loan.

New Posters

Joining A Gang
Will Give You
A Lot To Think
About: Gangs Are
No Good

Look Beneath The
Surface: Human
Trafficking Is
Modern-Day Slavery (Available in Spanish)

The Pictures Say It All: Healthy Lung, Smoker's
Lung



Website for Families

KidsHealth.org, part of the Nemours Foundation's Center for Children's Health Media, provides reliable information about health, behavior and development from before birth through the teenage years. The site provides advice and reassurance about the physical, behavioral and emotional issues that affect children and teens. The three-in-one website offers practical parenting information on the Parents Site, describes how the body works on the Kids Site, and provides advice and answers on the Teens Site.

The website, found at <http://kidshealth.org>, is also available in Spanish.